5 Myths about Bottled Water

**#1: BOTTLED WATER IS BETTER THAN TAP.**

* Bottled water is tap water. It’s just filtered more.

**#2: PURIFIED WATER TASTES BETTER.**

* They are both the same water so they have no taste unless the water is flavored.

**#3: BOTTLED WATER WITH VITAMINS, MINERALS, OR PROTEIN IS MORE HEALTHY THAN REGULAR WATER.**

* Water is healthy for you no matter what.

**#4: YOU NEED EIGHT 8-OUNCE GLASSES OF WATER EACH DAY.**

* This isn’t true for everyone. Some people need less because they aren’t active or they are small while some people need more because they are very active which makes them sweat out their water or are bigger.

**#5: AFTER AN INTENSE WORKOUT, BOTTLED WATER IS BEST.**

* Any water is good after a workout but you also need salts. (ex. Gatorade)

By hanna